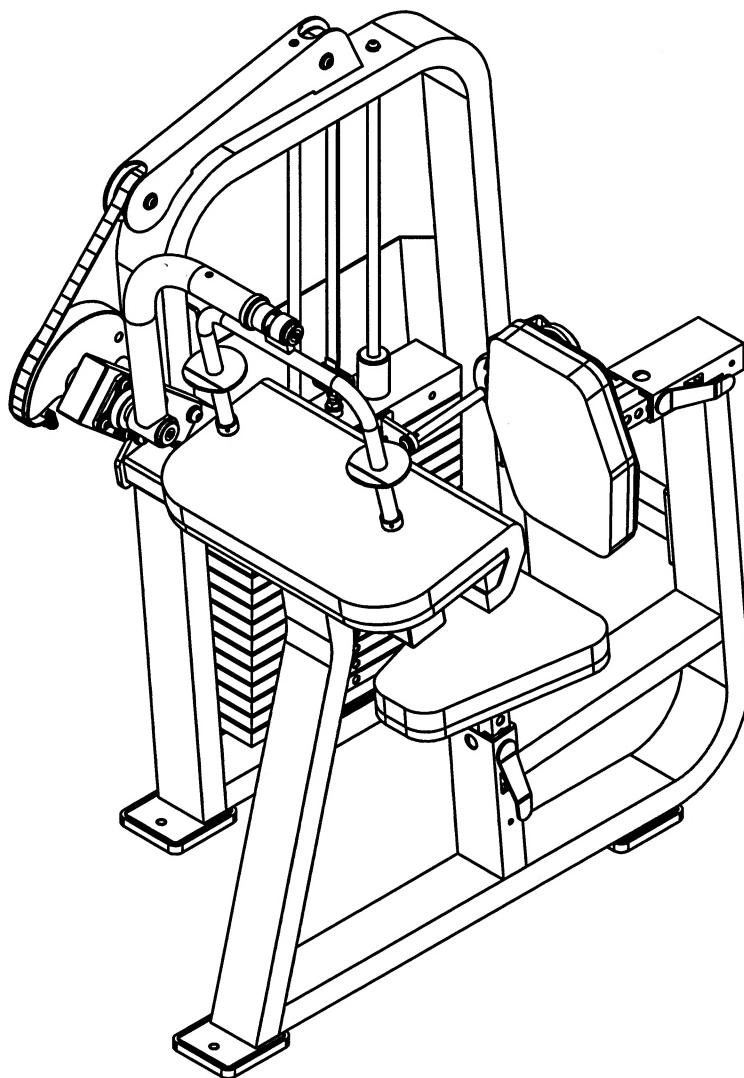


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CL2102

SEATED TRICEP EXTENSION



Note: Both Serial Number and Model Number are Required when Ordering Parts

RECORD SERIAL NUMBER HERE

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

MARCH 2003

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Step 1 INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use the part number and description from the lists. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

TOOLS REQUIRED

Socket Wrench

1/2", 9/16" and 3/4" Sockets

3/4" Open end Wrench

Crescent Wrench

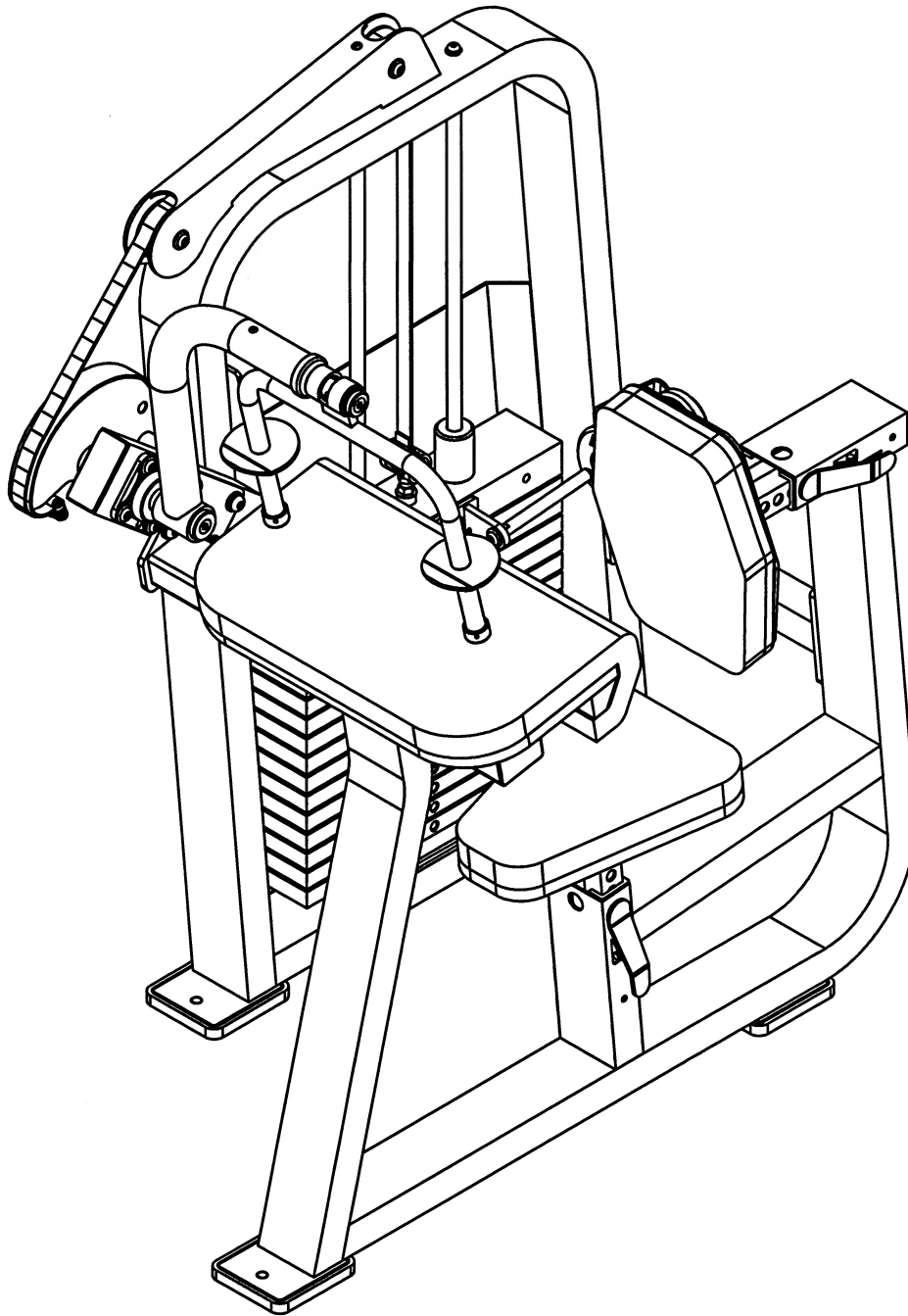
Rubber Mallet

Tape Measure

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Step 2 FRAME ASSEMBLY



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Step 2a FRAME ASSEMBLY

In Step-1 start assembly by bolting (11) to (9) and then attach (10) to (11). In Step-2 attach (10) to (9). Wrench Tighten bolts. Lift machine to position (CC)'s.

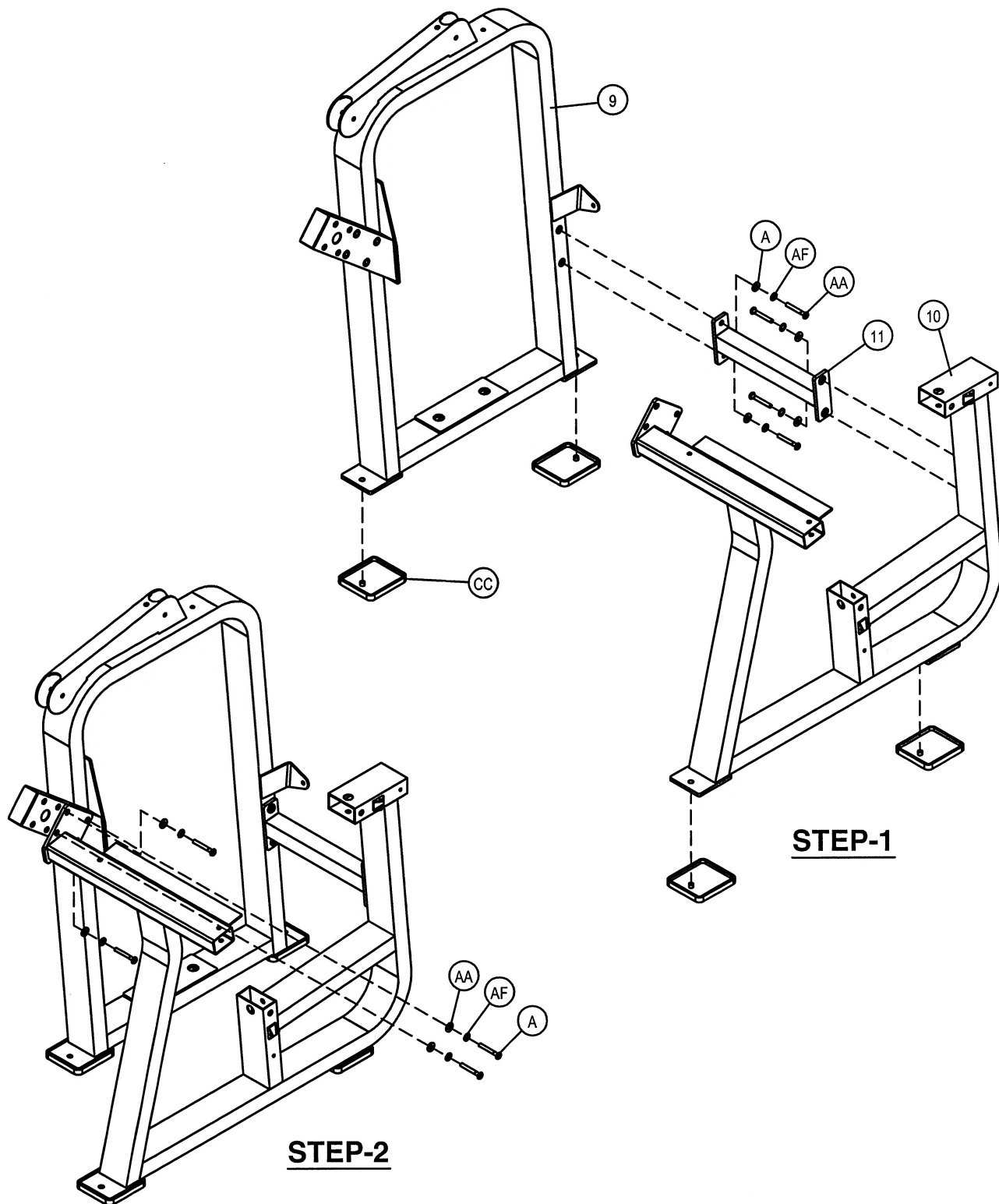
Part Descriptions

- 9 - Weight Cage Assembly
- 10 - Seat Frame Assembly
- 11 - Brace Assembly

Hardware Descriptions

- A - 1/2-13 x 1 1/2" BHB (WZ)
- AA - 1/2" Flat Washer (WZ)
- AF - 1/2" Lock Washer (WZ)
- CC - Rubber Foot Pad

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Step 2b FRAME ASSEMBLY

Start assembly by pressing (CL)'s into (9) and place (CD)'s over (CL)'s. Next slide (16)'s into (CD)'s and (CL)'s. Make sure to lube (16)'s with Teflon based lubricant (Superlube). Tilt both (16)'s forward enough to allow room to slide the weight on. Next Slide all (30)'s onto both (16)'s. Now slide (29) onto both (16)'s. Slide (CV) onto both of (16)'s and angle both (16)'s vertical and secure. Wrench tighten bolts.

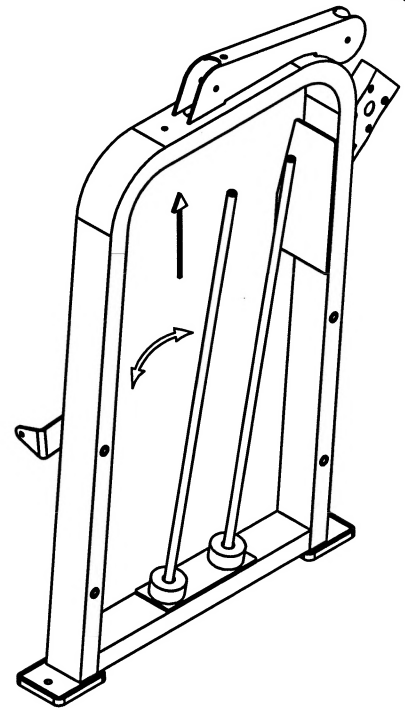
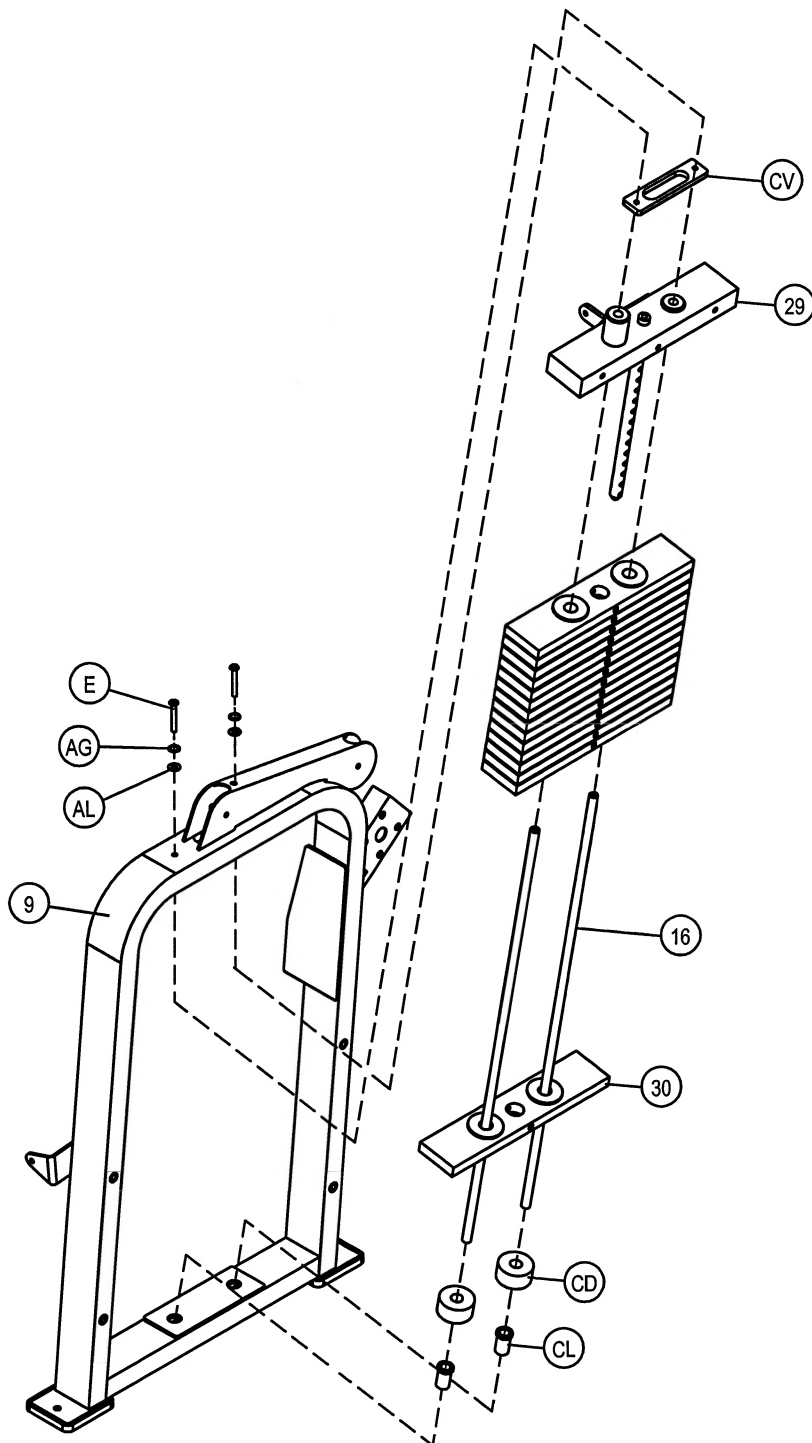
Part Descriptions

9 - Weight Cage Assembly
16 - 46 3/4" Guide Rod
29 - 41 lb. Top Weight
30 - 20 lb. Intermediate Weight Plate

Hardware Descriptions

E - 3/8-16 x 2 3/4" BHB (WZ)
AG - 3/8" Lock Washer (WZ)
AL - 3/8" Split Washer (WZ)
CD - Weight Bumper
CV - Guide Rod Mount
CL - Guide Rod Bushing

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Guide Rods Tilted Forward

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Step 2c FRAME ASSEMBLY

Starting on the weight stack side, slide (CB) and (28)'s onto (18). Next attach the another (18) to (9) and slide the another (CB) onto (18). Wrench tighten bolts.

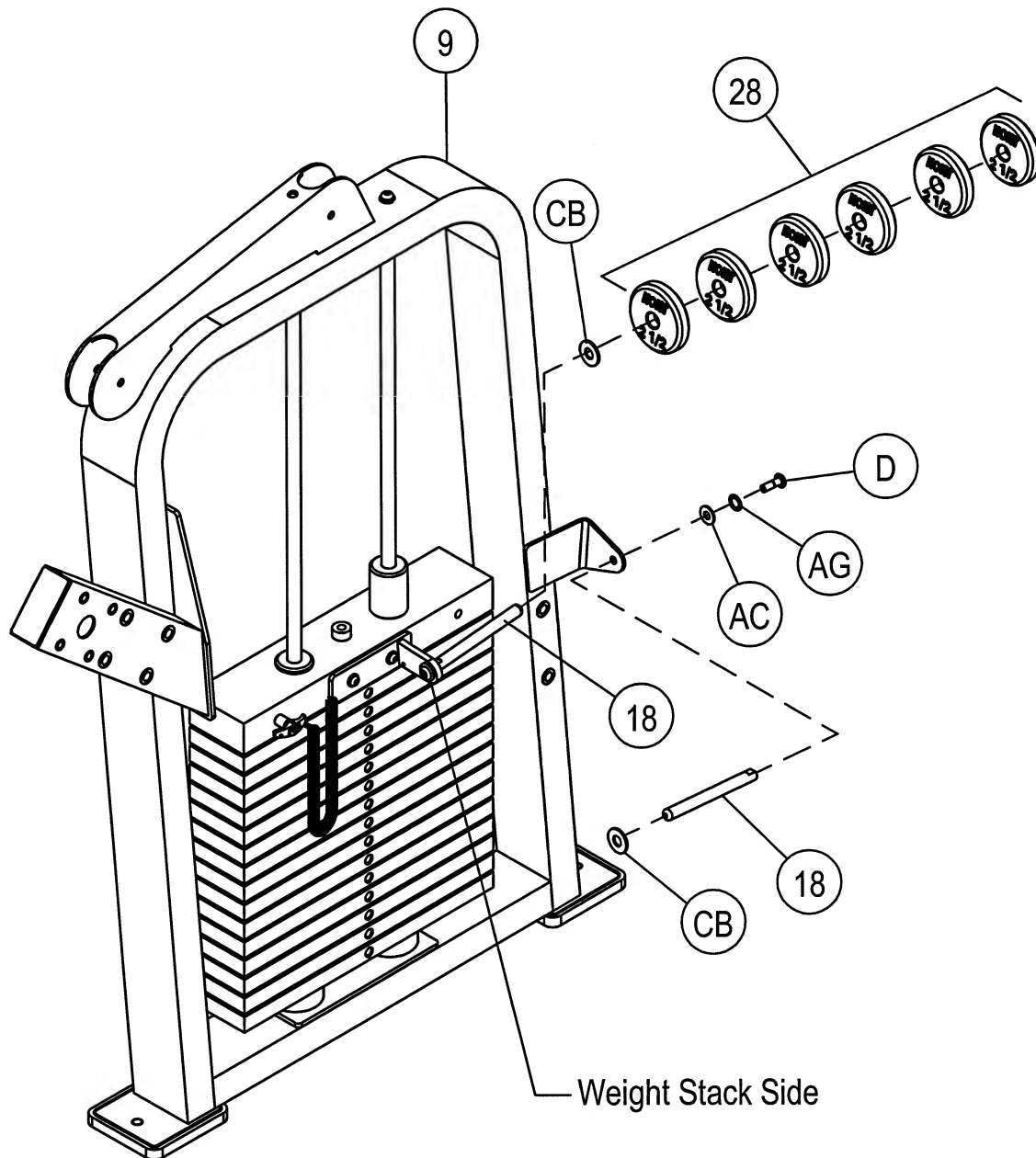
Part Descriptions

9 - Weight Cage Assembly
18 - Add On Rod
28 - 2 1/2 lb. Add On Weight

Hardware Descriptions

D - 3/8-16 x 3/4" BHB (WZ)
AC - 3/8" Flat Washer (WZ)
AG - 3/8" Lock Washer (WZ)
CB - Add On Weight Plastic Washer

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Step 2d FRAME ASSEMBLY

Start assembly by attaching (CM)'s onto both sides of (9)s arm shown on page 12. Wrench tighten bolts.

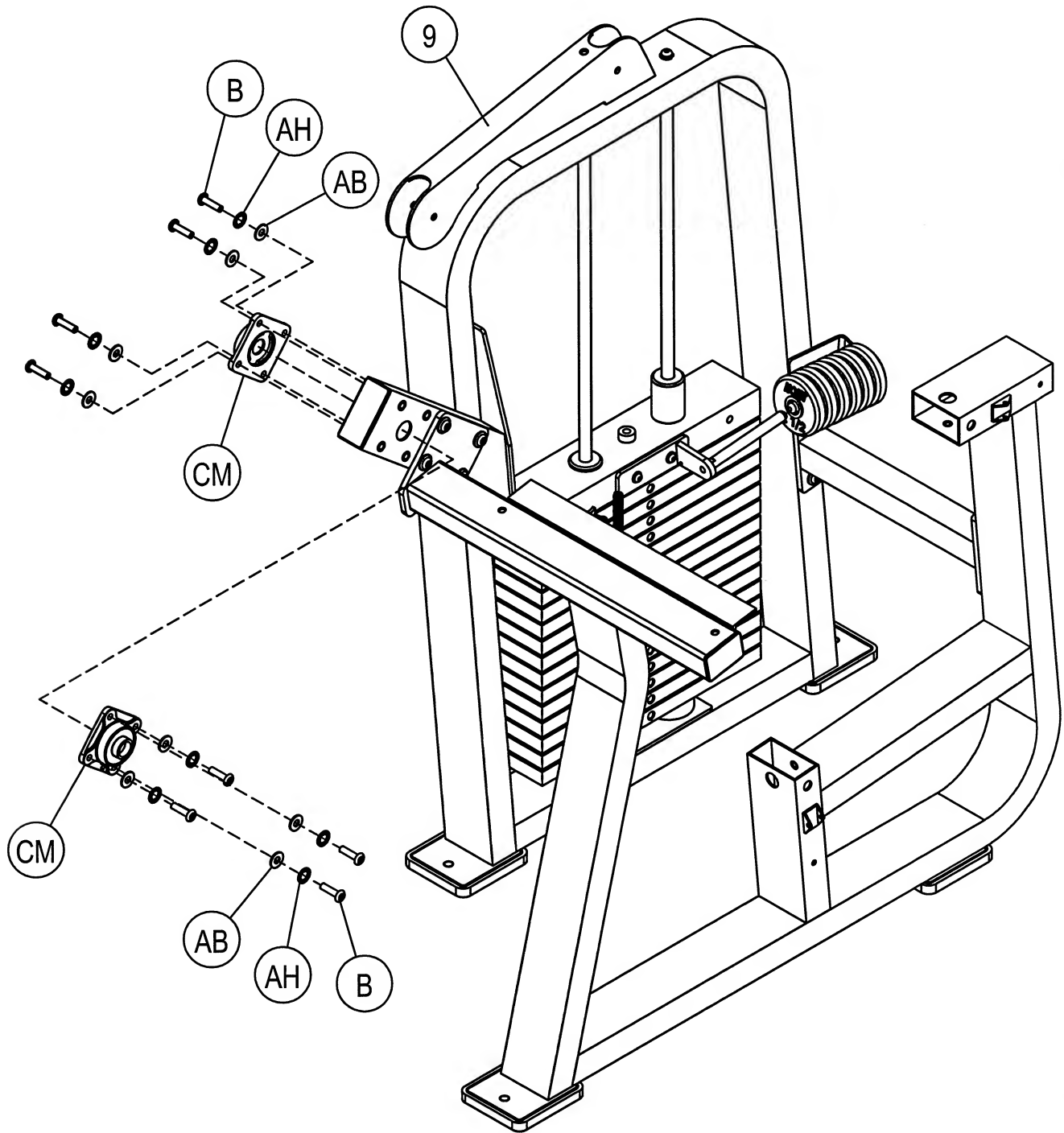
Part Descriptions

9 - Weight Cage Assembly

Hardware Descriptions

B - 3/8-16 x 1 1/2" BHB (BZ)
AB - 3/8" Flat Washer (BZ)
AH - 3/8" Lock Washer (BZ)
CM - Flanged Bearing

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Step 2e FRAME ASSEMBLY

Start assembly by attaching (24) to the upper hole of (5). Next slide (6) into and through the Flanged bears. Slide (5) onto the shaft of (6) and secure with (Q). Next slide (7) into (6) and bolt both ends. Now slide (CF) and (8) onto (7) and secure. For the final step slide another (CF) onto (7) and secure with (34). Wrench tighten bolts.

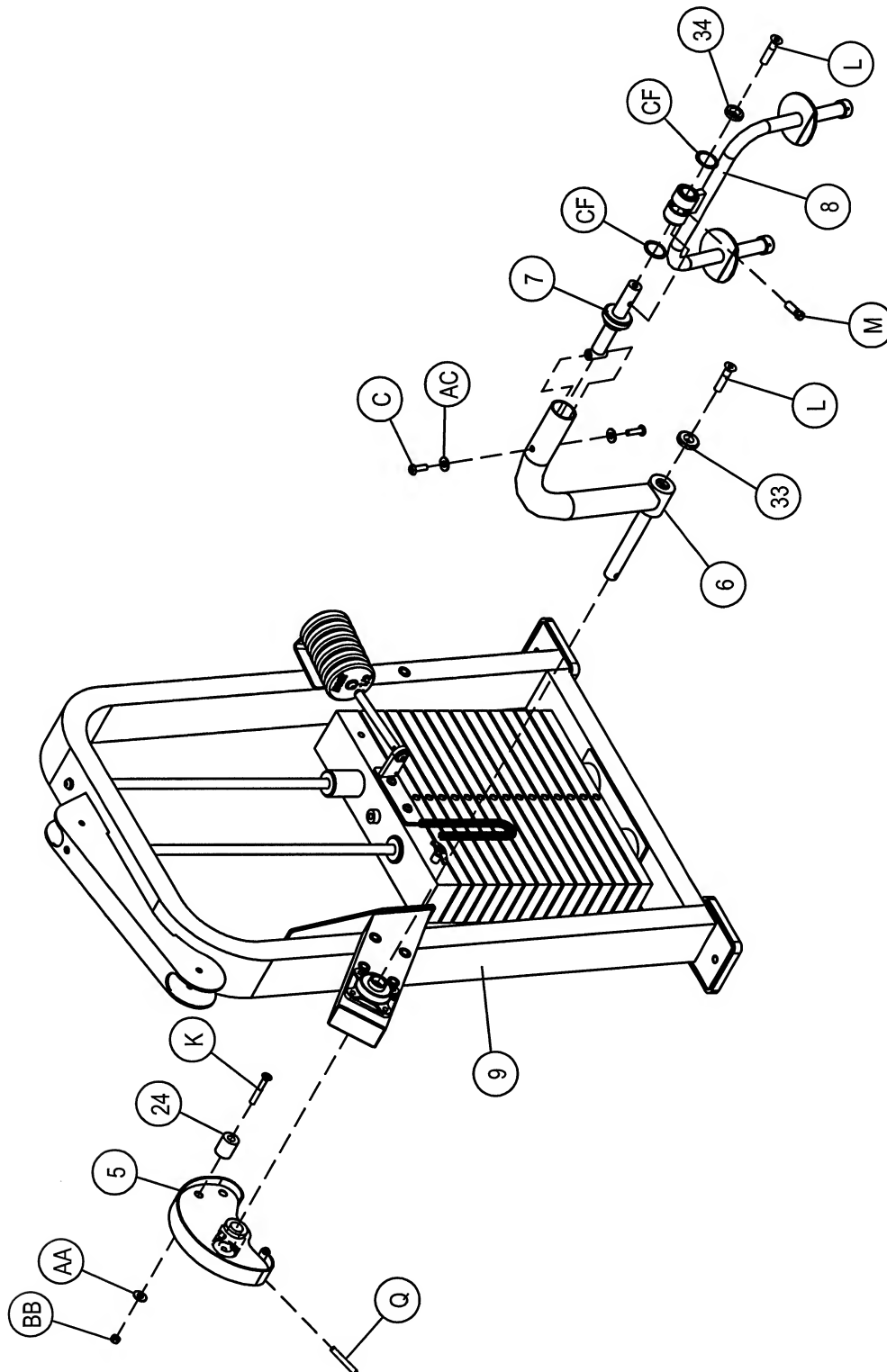
Part Descriptions

5 - Small Cam Assembly
6 - Arm Assembly
7 - Pivot Assembly
8 - Handle Assembly
9 - Weight Cage Assembly
24 - 1 1/2" Aluminum Stopper
33 - Flat Head Cap (Red)
34 - Flat Head Cap (White)

Hardware Descriptions

C - 3/8-16 x 3/4" BHB (WZ)
L - 3/8-16 x 1" FHS (BZ)
M - 3/8-16 3/4" SHS (WZ)
Q - 3/8" x 2" Open Roll Pin
AA - 1/2" Flat Washer (WZ)
AC - 3/8" Flat Washer (WZ)
BB - 1/2" Thin Jam Nylok Nut (WZ)
CF - Ø1.00" Metal Shim

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Step 2f FRAME ASSEMBLY

Start assembly with the back part area. In this step start by attaching (20) to (10) by sliding (22)'s through the mount of (20) and the center hole spiral spring (21). Now secure it with (23). Make sure (21) have resistance spring tension between (20) and (10) when pushed (20) bottom end. Follow the same procedure for the seat part area. Wrench tighten bolts.

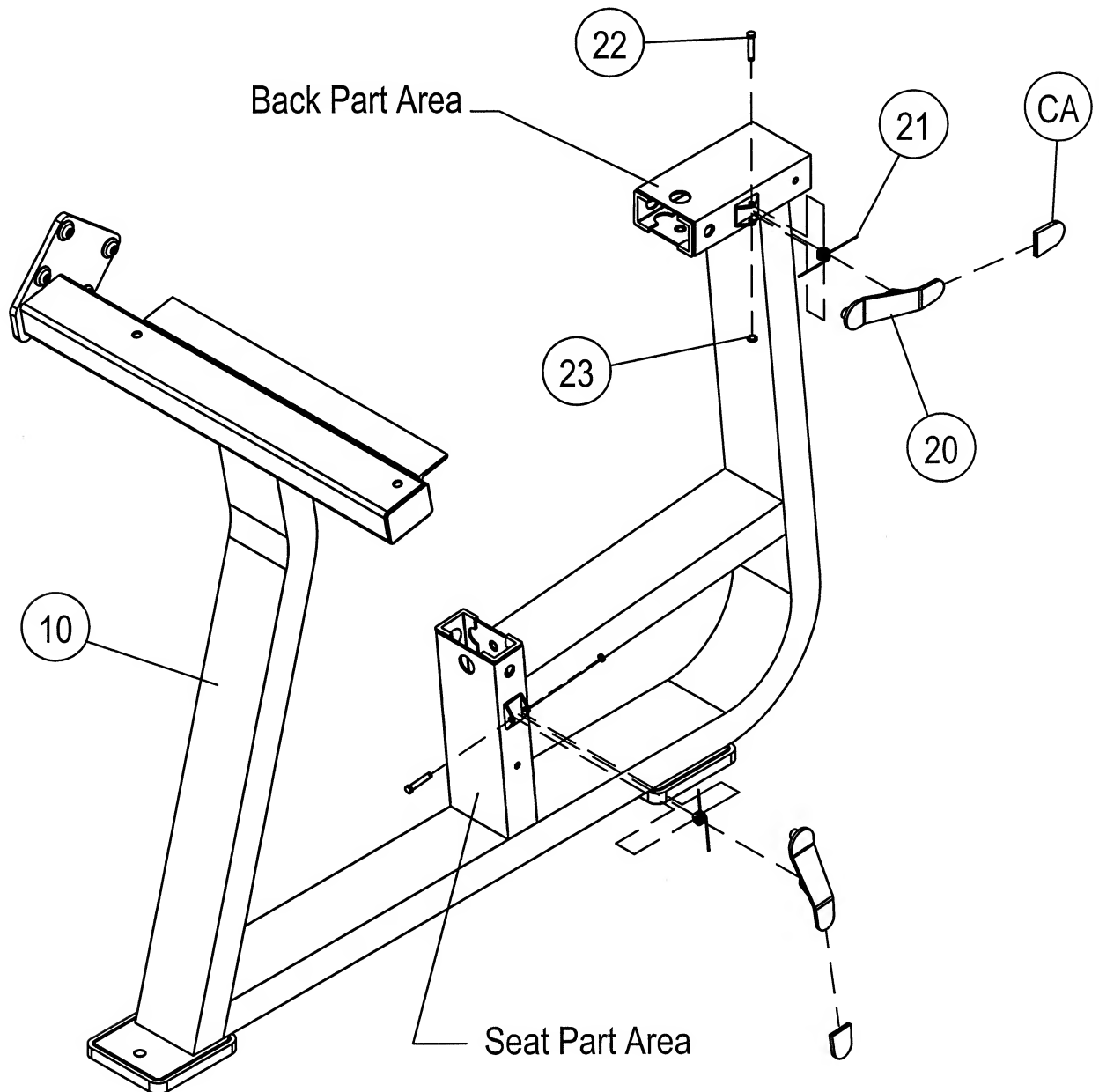
Part Descriptions

10 - Seat Frame Assembly
20 - Latch Assembly
22 - Latch Pin
23 - 1 1/2" C-Clip

Hardware Descriptions

CA - Thumb Pad

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Step 2g FRAME ASSEMBLY

Start assembly by attaching (15) to (13) and attach both to (10). Next attach (4) to (14) and slide (4) into the seating part of (10). Make sure (4) snaps into the location hole of (10). Next attach (12) to (25) and bolt both to (3). Slide (3) into (10) until (3) snaps into the location hole of (10). Next screw (P)'s into (10) to secure (3) and (4). Wrench tighten bolts.

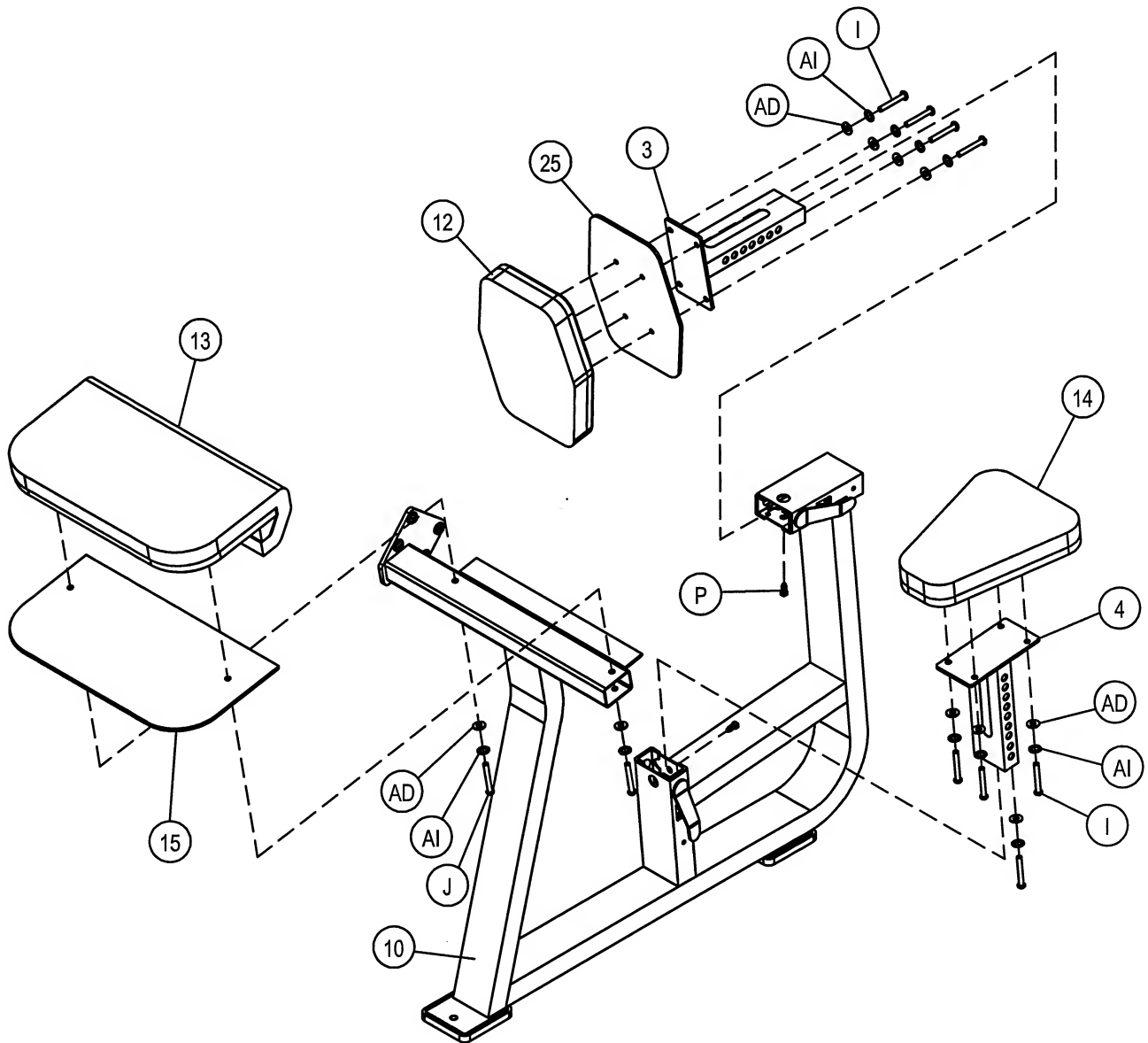
Part Descriptions

3 - Back Adjuster Assembly
4 - Seat Adjuster Assembly
10 - Seat Frame Assembly
12 - Back Pad Assembly
13 - Elbow Pad Assembly
14 - Seat Pad Assembly
15 - Elbow Backing
25 - Backing Pad

Hardware Descriptions

I - 5/16-18 x 1" BHB (WZ)
J - 5/16-16 x 3" BHB (WZ)
P - 3/8-16 x 3/4" Square Head Set Screw
AD - 5/16" Flat Washer (WZ)
AI - 5/16" Lock Washer (WZ)

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Step 3

BELT ASSEMBLY

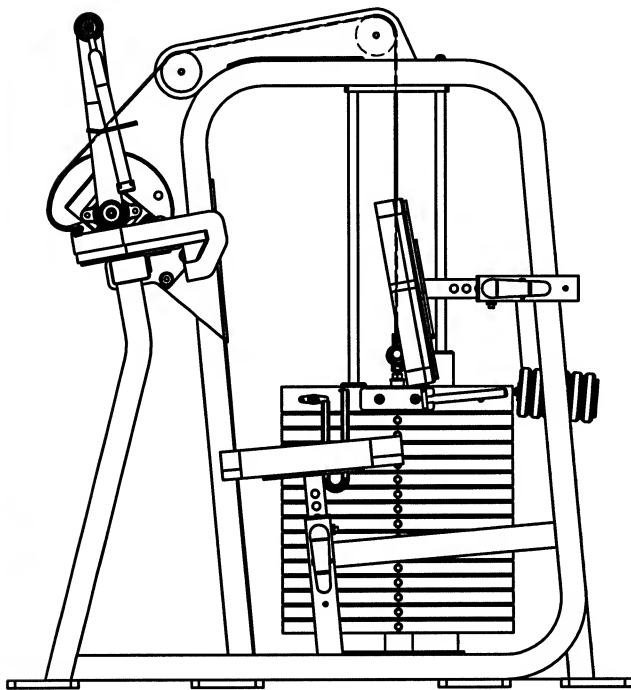
Start assembly by attaching (1) to (27). Next shown in View-1 (Fig.1), slide (CS) into the top slot of (1). Fig.2, loop the end of (CS) and feed it back up through the slot, keeping the loop open. Fig.3, slide (19) through (CS) then align the two holes on (19) to the two holes on (1) and secure. Next attach the belt by bringing one end up through the top hole of (9). Make sure (CS) smooth side is contacting/facing the surface of (CW)'s. See belt routing procedure on page 20 for loop clarity on the CAM. When finished make sure (CS) have a tight tension between the cam and (1). Wrench tighten bolts.

Part Descriptions

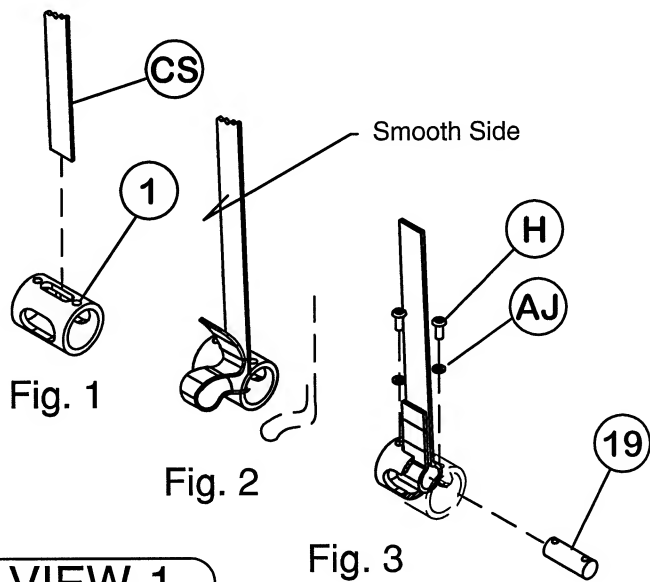
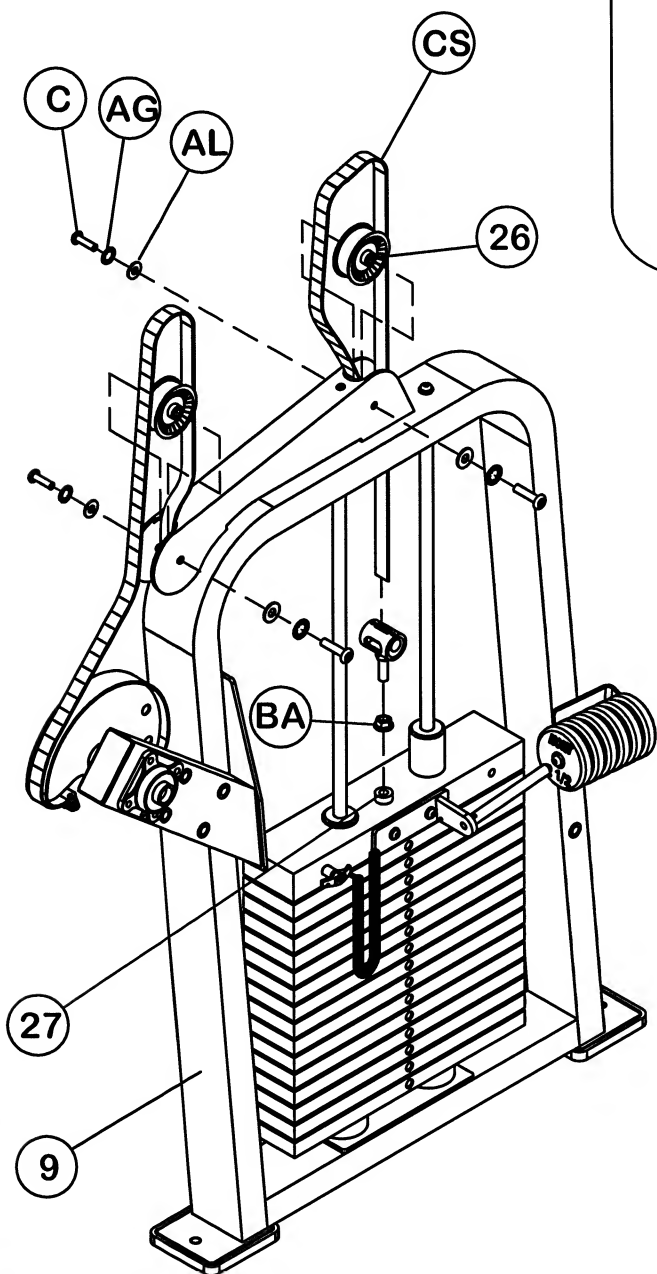
- 1 - Belt Anchor, Adjustable
- 9 - Weight Cage Assembly
- 19 - Belt Anchor Shaft
- 32 - Serrated Clamp

Hardware Descriptions

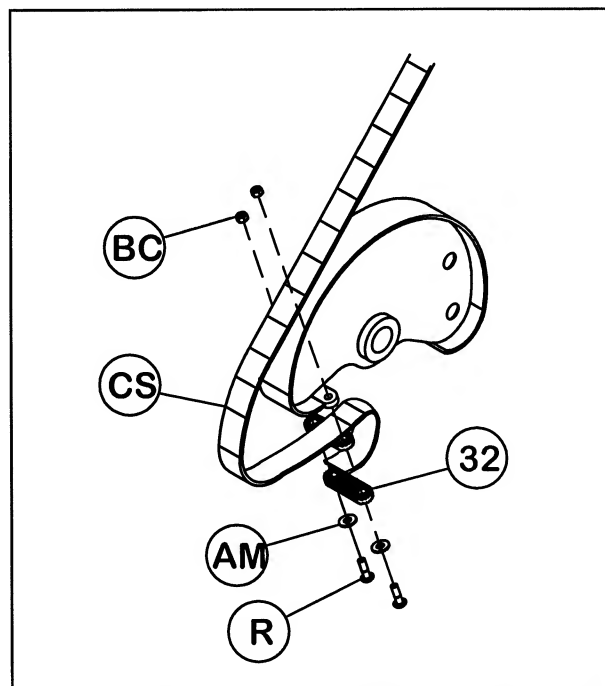
- C - 3/8-16 x 3/4" BHB (WZ)
- H - 1/4-20 x 1" BHS (BZ)
- R - 1/4-20 x 1 1/2" SHS (BZ)
- AG - 3/8" Lock Washer (WZ)
- AJ - 5/16" Lock Washer (BZ)
- AL - 3/8" Split Washer (WZ)
- CS - 73" lg. Kevlar Belt
- CW - 3 1/4" Pulley (Threaded)



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VIEW-1



BELT ROUTING PROCEDURED

1. Smooth side face down onto pulleys.
2. When tightening (32)'s to the belt do not exceed 70 in. lbs.

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Step 4 SHIELD ASSEMBLY

In this step attach (31) to (9). Wrench tighten bolts.

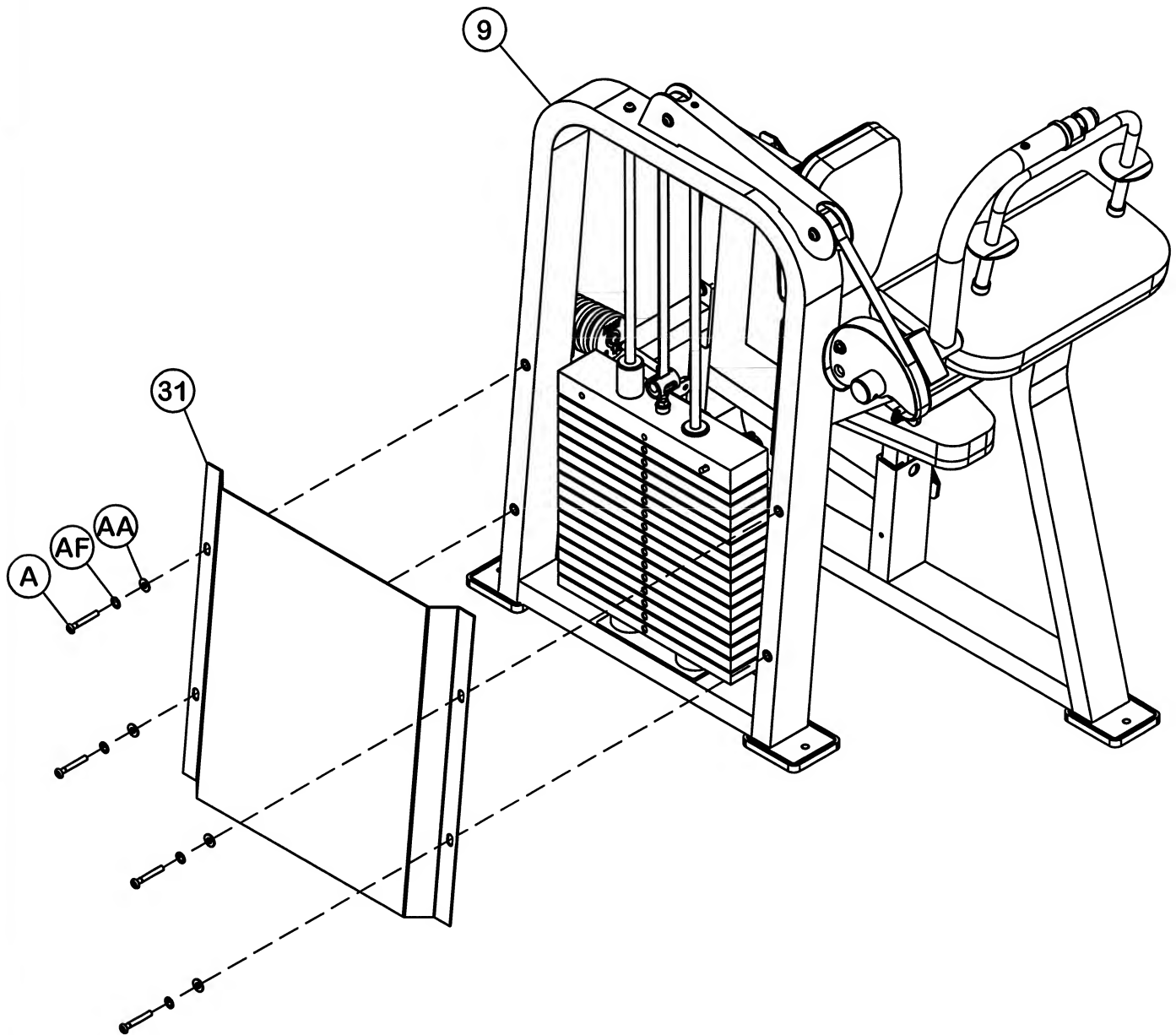
Part Descriptions

9 - Weight Cage Assembly
31 - Shield

Hardware Descriptions

A - 1/2-13 x 1 1/2" BHB (WZ)
AA - 1/2" Flat Washer (WZ)
AF - 1/2" Lock Washer (WZ)

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PRE-ASSEMBLY

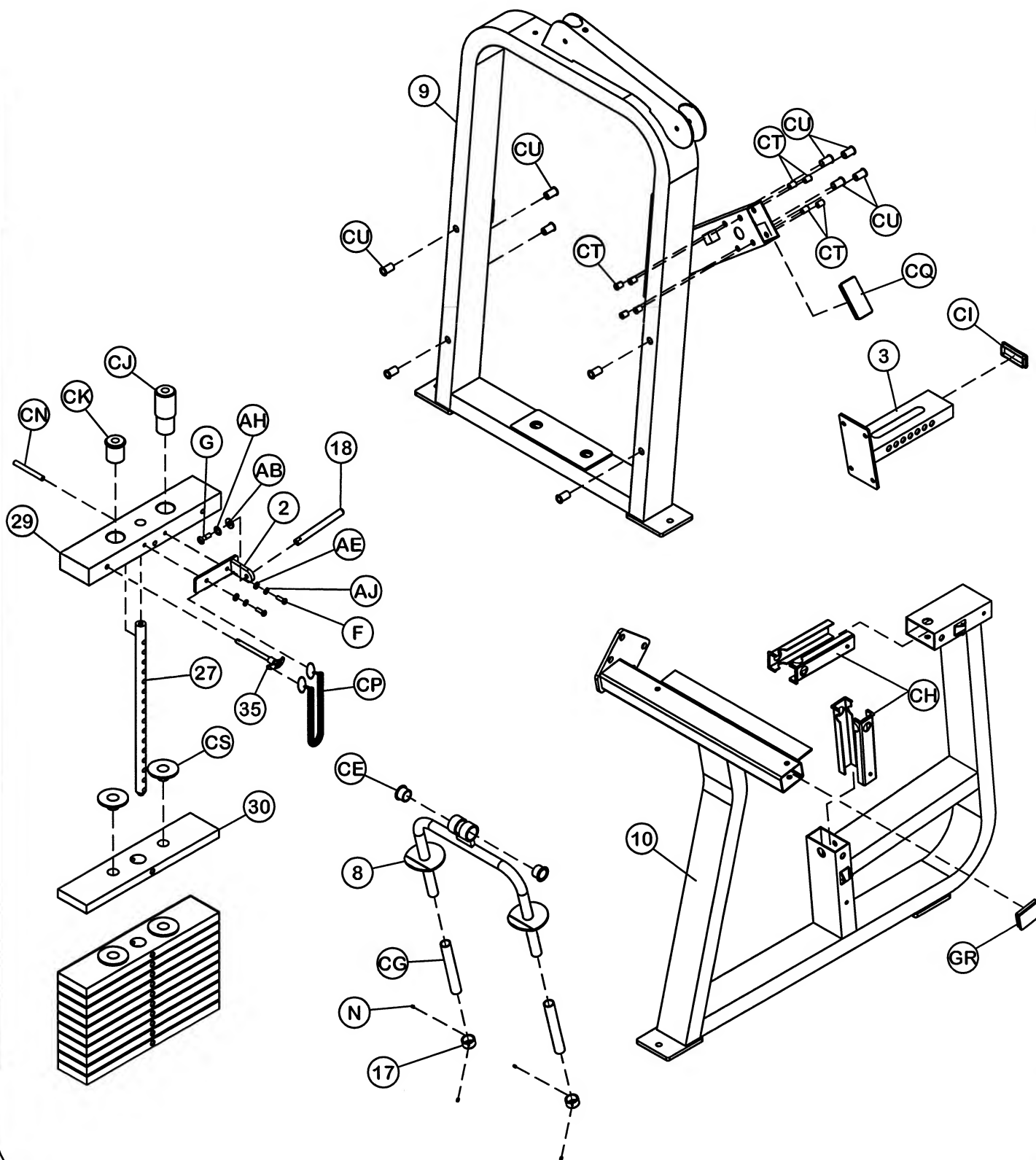
Part Descriptions

- 2 - Center Right Bracket (Add On)**
- 3 - Back Adjuster Assembly**
- 8 - Handle Assembly**
- 9 - Weight Cage Assembly**
- 10 - Seat Frame Assembly**
- 17 - Aluminum Cap**
- 18 - Add On Rod**
- 27 - Weight Stem**
- 29 - 41 lb. Top Plate**
- 30 - 20 lb. Intermediate Weight**
- 35 - Selector Pin**

Hardware Descriptions

- F - 5/16-18 x 1" BHB (BZ)**
- G - 3/8-16 x 1" BHB (BZ)**
- N - #10-32 Set Screw**
- AB - 3/8" Flat Washer (BZ)**
- AE - 5/16" Flat Washer (BZ)**
- AH - 3/8" Lock Washer (BZ)**
- AJ - 5/16" Lock Washer (BZ)**
- CH - EZ Glide Sleeve**
- CI - End Cap 1 1/2" x 3 1/2"**
- CJ - Tall Guide Bearing**
- CK - Short Guide Bearing**
- CN - Top Weight Roller Pin**
- CP - Lanyard**
- CQ - End Cap 2" x 4" (VH)**
- CR - End Cap 2" x 3" (HH)**
- CT - 3/8" Insert**
- CU - 1/2" Insert**
- CX - Intermediate Weight Bushings**

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PART LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	026-01X0145	Belt Anchor, Adjustable
2	1	026-01X0155	Center Right Bracket (Add On)
3	1	026-01X0321	Back Adjuster Assembly
4	1	026-01X0162	Seat Adjuster Assembly
5	1	026-01X0501	Small Cam Assembly
6	1	026-01X0602	Arm Assembly
7	1	026-01X0603	Pivot Assembly
8	1	026-01X0604	Handle Assembly
9	1	026-01X0754	Weight Cage Assembly
10	1	026-01X0755	Seat Frame Assembly
11	1	026-01X0756	Brace Assembly
12	1	022-01PD0030	Back Pad Assembly
13	1	26-STD-SU103422	Elbow Pad Assembly
14	1	26-STD-SU121412	Seat Pad Assembly
15	1	26-STD-SUB103422	Elbow Backing
16	2	026-01G0136	46 3/4" Guide Rod
17	2	026-01M0323	Aluminum Cap
18	2	026-01M0295	Add On Rod
19	1	026-01M0294	Belt Anchor Shaft
20	2	026-01X0158	Latch Assembly
21	2	026-01M0503	Latch Spring
22	2	026-01M0309	Latch Pin
23	2	014-0015001	C-Clip
24	1	026-01M0510	1 1/2" Aluminum Stopper
25	1	022-01PD0030-3	Backing Pad
27	1	26-STD-SW111	Weight Stem
28	7	026-0130024	2 1/2 lb. Add On Weight
29	1	26-STD-SWTOP10	41 lb. Top Plate
30	10	26-STD-SW104	20 lb. Intermediate Weight
31	1	026-1100063	Shield
32	2	026-01P0467	Serrated Clamp
33	1	026-0M0239	Flat Head Cap (Red)
34	1	026-01M0240	Flat Head Cap (White)
35	1	026-01M0134	Selector Pin

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HARDWARE LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	12	011-0101047	1/2-13 x 1 1/2" BHB (WZ)
B	8	011-0201004	3/8-16 x 1 1/2" BHB (BZ)
C	6	011-0101041	3/8-16 x 3/4" BHB (WZ)
D	1	011-0101026	3/8-16 x 1" BHB (WZ)
E	2	011-0101016	3/8-16 x 2 3/4" BHB (WZ)
F	2	011-0201006	5/16-18 x 1" BHB (BZ)
G	1	011-0201003	3/8-16 x 1" BHB (BZ)
H	2	011-0301029	1/4-20 x 1" BHS (BZ)
I	8	011-0101062	5/16-18 x 1" BHB (WZ)
J	2	011-0101033	5/16-18 x 3" BHB (WZ)
K	1	011-0002007	1/2-13 x 2" FHS (WZ)
L	2	011-0002042	3/8-16 x 1" FHS (WZ)
M	1	011-0101005	3/8-16 x 3/4" SHS (WZ)
N	4	011-031100	#10-32 Set Screw
P	2	011-0311013	3/8-16 x 3/4 Square Head Set Screw
Q	1	030-0303003	3/8" x 2" Open Roll Pin
R	2	011-0501002	1/4-20 x 1 1/2" SHS (BZ)
AA	13	013-0102003	1/2" Flat Washer (WZ)
AB	9	013-0202004	3/8" Flat Washer (BZ)
AC	7	013-0002004	3/8" Flat Washer (WZ)
AD	10	013-0002001	5/16" Flat Washer (WZ)
AE	2	013-0202003	5/16" Flat Washer (BZ)
AF	12	016-0302014	1/2" Lock Washer (WZ)
AG	5	013-0102022	3/8" Lock Washer (WZ)
AH	9	013-0206003	3/8" Lock Washer (BZ)
AI	10	013-0102021	5/16" Lock Washer (WZ)
AJ	4	013-0206002	5/16" Lock Washer (BZ)
AL	2	013-0102020	3/8" Split Washer (WZ)
AM	2	013-0202002	1/4" Flat Washer (BZ)
BA	1	012-0202001	Serrated Hex Nut
BB	1	012-0105005	1/2" Thin Jam Nylok Nut (WZ)
BC	2	012-0104009	1/4" Lock Nut (WZ)
CA	2	026-01PL239	Thumb Pad
CB	2	013-0602003	Add On Weight Plastic Washer
CC	4	026-01PL195	Rubber Foot Pad
CD	2	026-01PL201	Weight Bumper
CE	2	014-0101005	Ø1.00" I.D. Oilite
CF	2	014-0024001	Ø1.00" Metal Shim
CG	2	026-01PL206-17	4.187" lg. Rubber Grip
CH	4	026-01PL125	EZ Glide Sleeve
CI	1	026-01PL231	End Cap 1 1/2" x 3 1/2"
CJ	1	014-0009005	Tall Guide Bearing
CK	1	014-0009006	Short Guide Bearing
CL	2	026-01PL134	Guide Rod Bushing
CM	2	014-0009004	Flange Bearing
CN	1	030-0303006	Top Weight Roll Pin
CP	1	010-0008001	Lanyard
CQ	1	026-01PL187RV	End Cap 2" x 4" (VH)
CR	1	026-01PL192RH	End Cap 2" x 3" (HH)
CS	1	015-0002002	73" Long Kevlar Belt
CT	8	014-0014002	3/8" Insert
CU	12	014-0014001	1/2" Insert
CV	1	026-01PL0268	Guide Rod Mount
CW	2	018-0002001	3 1/4" Pulley (Threaded)
CX	30	026-01PL122	Intermediate Weight Bushing

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ABBREVIATION LISTING

BZ = Black Zinc

HH = Horizontal "H"

VH = Vertical "H"

WZ = White Zinc

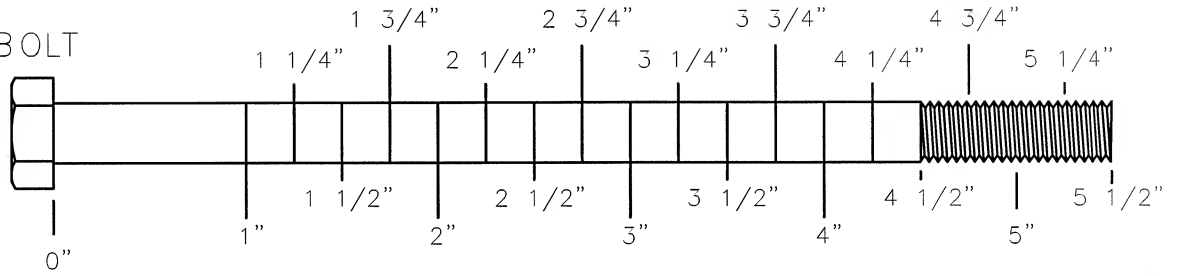
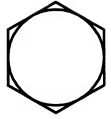
FHS = Flat Head Screw

BHB = Button Head Bolt

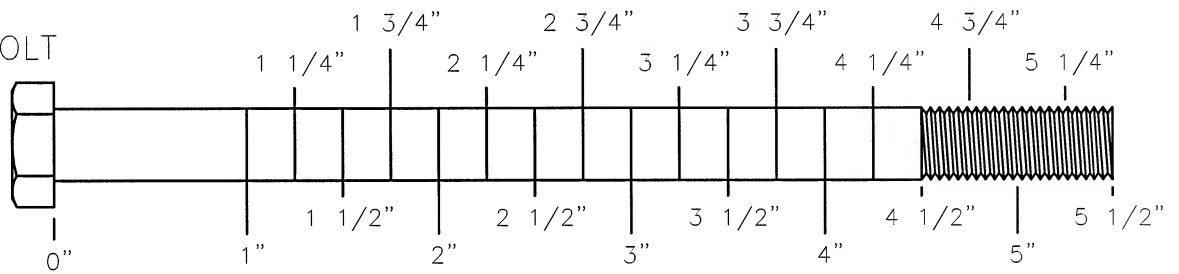
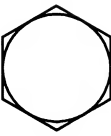
SHS = Socket Head Screw

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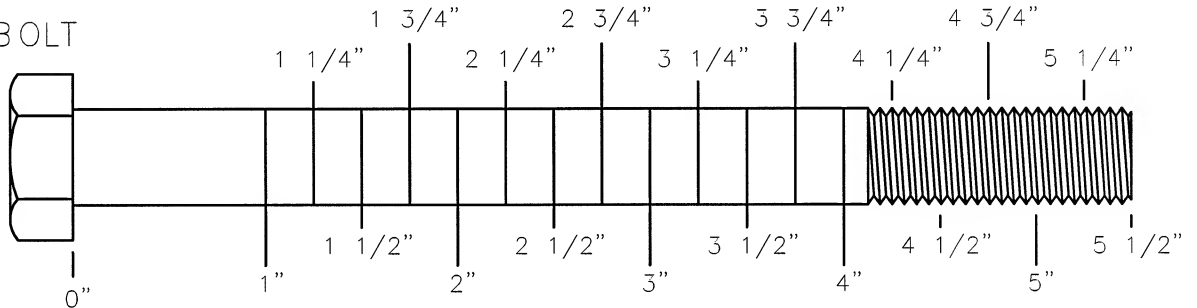
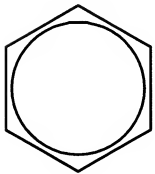
5/16" HEX BOLT



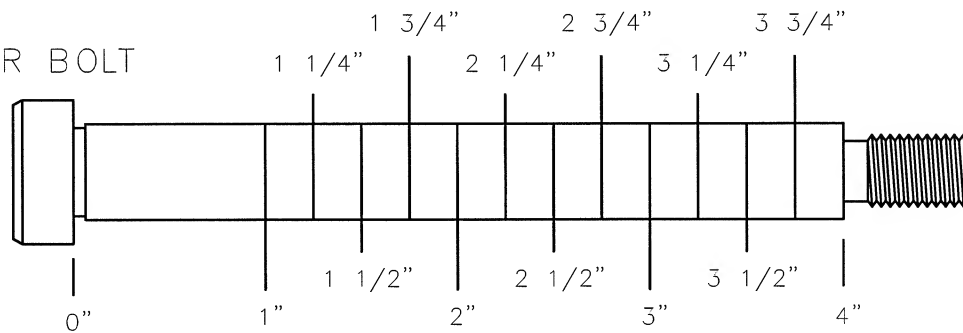
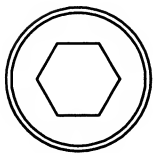
3/8" HEX BOLT



1/2" HEX BOLT

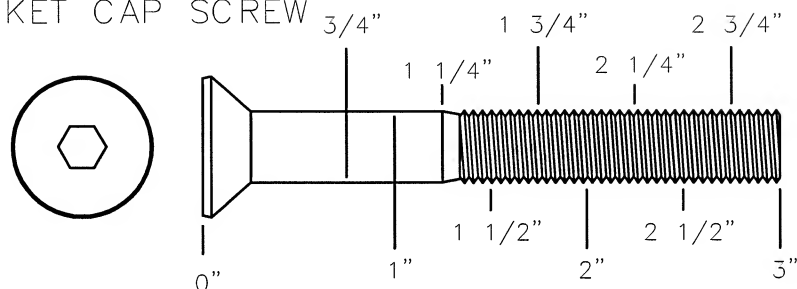


1/2" SHOULDER BOLT

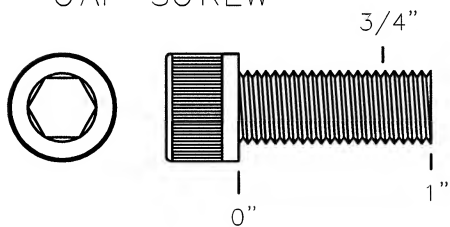


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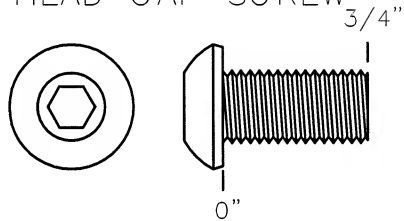
3/8" FLATHEAD
SOCKET CAP SCREW



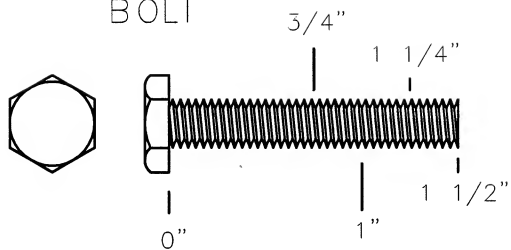
3/8" SOCKET
CAP SCREW



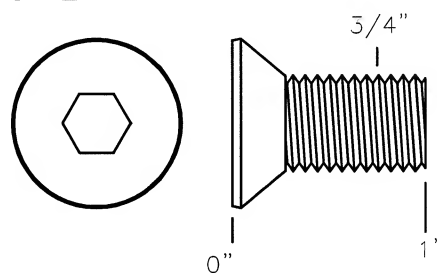
3/8" BUTTON
HEAD CAP SCREW



1/4" HEX
BOLT

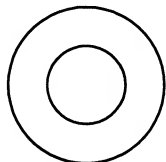


1/2" FLATHEAD
SOCKET CAP SCREW

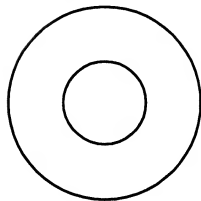


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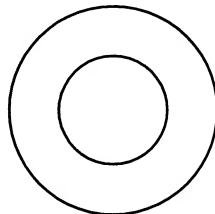
5/16"
FLAT WASHER
LARGE, USS, 25mm



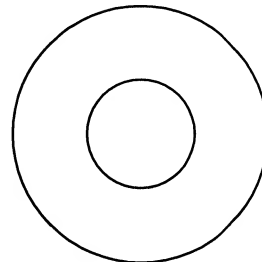
3/8"
FLAT
WASHER



1/2"
FLAT WASHER
SMALL, SAE, 26mm



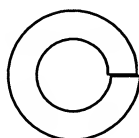
1/2"
FLAT WASHER
LARGE, USS, 34mm



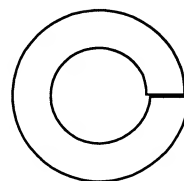
1/4"
LOCK WASHER



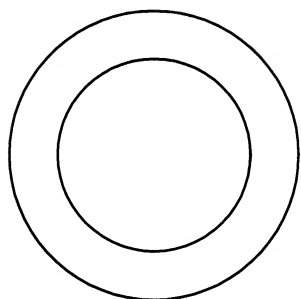
3/8"
LOCK WASHER



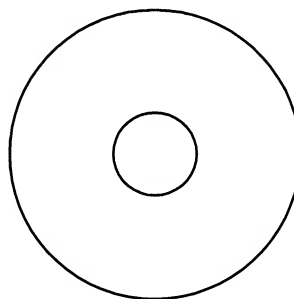
1/2"
LOCK WASHER



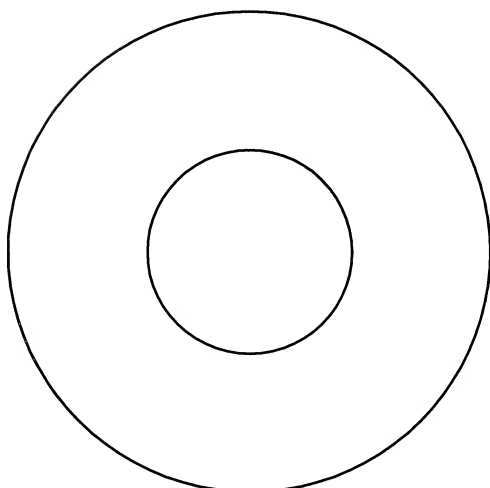
1" SHIM WASHER



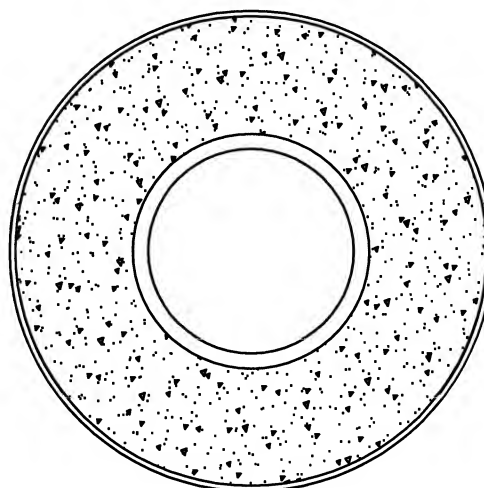
3/8" FENDER WASHER



1 1/16"
FENDER WASHER

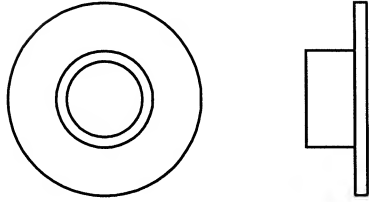


PLASTIC 1 1/16"
FENDER WASHER

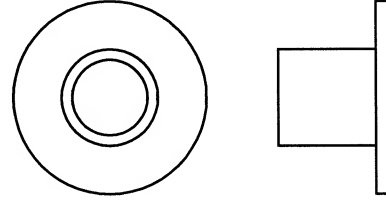


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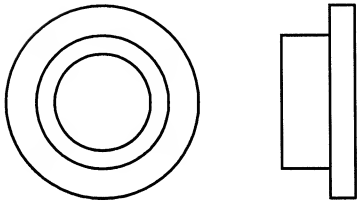
1/4" LONG
FLANGED SPACER



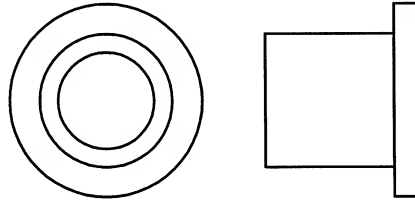
1/2" LONG
FLANGED SPACER



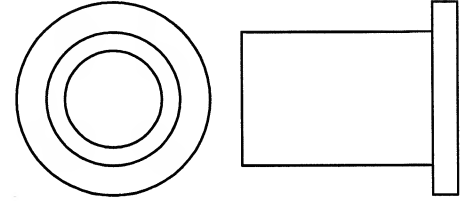
1/4" LONG HEAVY
FLANGED SPACER



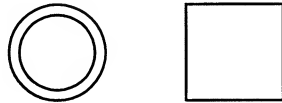
11/16" LONG HEAVY
FLANGED SPACER



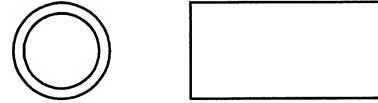
1" LONG HEAVY
FLANGED SPACER



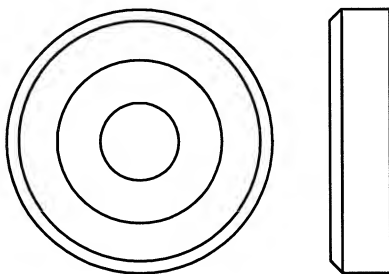
1/2" LONG
SPACER



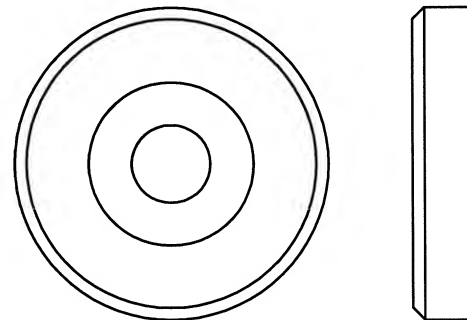
1" LONG
SPACER



1 3/8" ALUMINUM
FLATHEAD CAP



1 5/8" ALUMINUM
FLATHEAD CAP



OWNERS MANUAL

WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

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WEIGHT TRAINING EXERCISE LOG

S = Sets **R** = Repetition per set **W** = Weight used

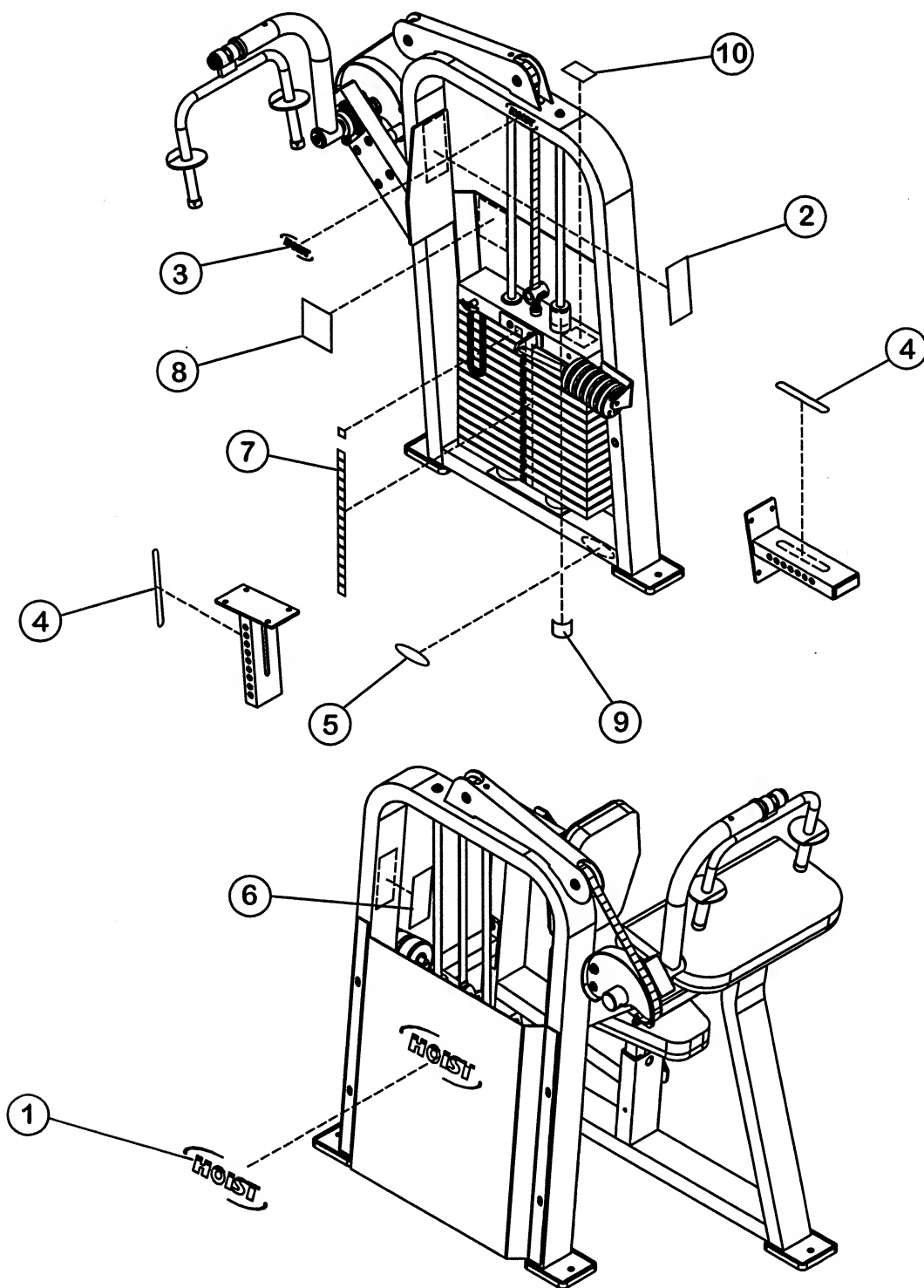
[illegible]

OWNERS MANUAL

DECAL PLACEMENTS

Decal Parts Number

- 1) 021-0004026
- 2) 021-0003131
- 3) 021-0004029
- 4) 021-0004023
- 5) 021-0004078
- 6) 021-0003130
- 7) 021-0003011
- 8) 021-0013069
- 9) 021-0003107
- 10) 021-0003114



OWNERS MANUAL

DECAL REFERENCE



021-0004026

Yearly	Months	Monthly	Weekly	Daily	COMMERCIAL MAINTENANCE
				X	Inspect; Links, Pin Pins, Snap Hooks, Swivels, Weight Stack Pins
				X	Clean; Upholstery
			X	X	Inspect; Cables or Belts and their tension
			X		Inspect; Accessory Bars and Handles
			X		Inspect; All Decals
			X		Inspect; All Nuts and Bolts, Tighten if Needed
			X		Inspect; Anti-Skid Surfaces
		X			Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)
		X			Lubricate; Seat Sleeves, Turntable Bushings, Linear Bearings
	X				Clean and Wax; All Glossy Finishes
	X				Repack with Grease; Linear Bearings
X					Replace; Cables, Belts and Connecting Parts

NOTICE

021-0003131



021-0004029



021-0004078

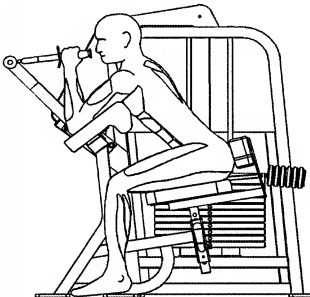
OWNERS MANUAL


DECAL REFERENCE

CL 2102

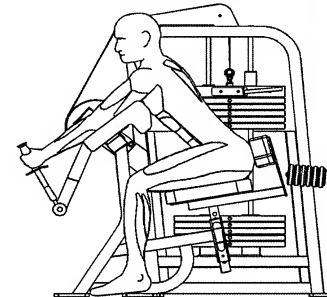
SEATED TRICEPS EXTENSION

Start / End Position





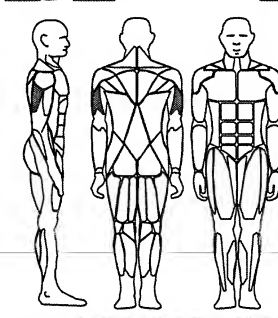
Midpoint Position



Exercise Instructions

- 1** Be seated and select desired exercise weight.
- 2** Adjust seat height so arms are resting flat on exercise pad.
- 3** Firmly grip handles and extend arms downward with a smooth controlled movement, then return back to starting position. Perform desired number of repetitions.

PRIMARY:
Triceps



021-0013062

! WARNING

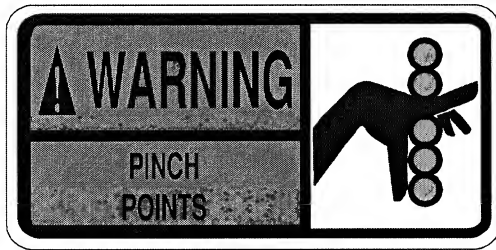
USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK ALWAYS FOLLOW THESE SIMPLE RULES.

1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first sign of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the parts are replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW ROUTINE MAINTENANCE SCHEDULE.
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint or dizzy.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.
6. Take your time and do not rush the exercise. Practice proper breathing. NEVER hold your breath.
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.
8. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

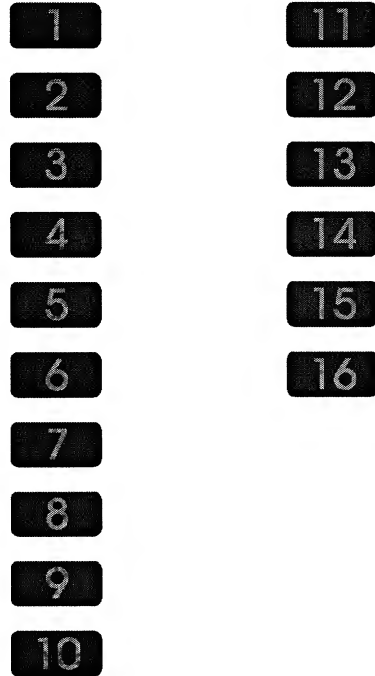
021-003130

OWNERS MANUAL

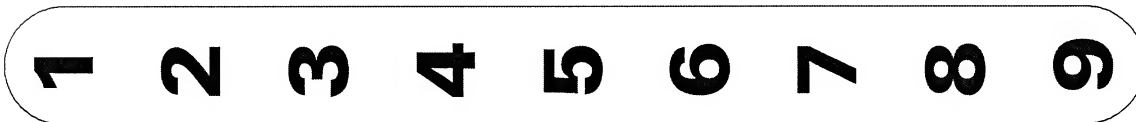
DECAL REFERENCE



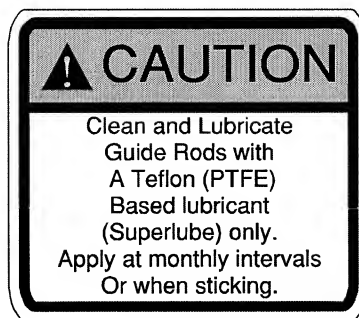
021-0003114



021-0003011



021-0004023



021-0003107

OWNERS MANUAL

MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY									
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY										
Clean; Upholstery	DAILY	WEEKLY										
Inspect; Cables or Belts and their tension	DAILY	WEEKLY										
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS										
Inspect; All Decals	WEEKLY	3 MONTHS										
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS										
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS										
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS										
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS										
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY										
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY										
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS										

Your equipment comes with a commercial maintenance decal.

For personal, in home use, please follow the home maintenance schedule listed above.

OWNERS MANUAL

HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

- *Check all pieces for signs of visible wear or damage.*
- *Check springs in snap hooks and pull-pins for proper tension and alignment.*
- *If the spring sticks or has lost its rigidity, replace it immediately.*

Upholstery:

- *To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.*
- *Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.*
- *Replace ripped or worn upholstery immediately.*
- *Keep sharp or pointed objects clear of all upholstery.*

Guide Rods:

- *Wipe clean with a dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.*

Decals:

- *Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.*

Nuts and Bolts:

- *Inspect all nuts and bolts for any loosening and tighten if needed.*
- *Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.*

Anti-Skid Surfaces:

- *These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.*

Belts and Cables:

- *Hoist uses only high quality belt, and mil-spec cables.*
- *Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.*
- *While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.*
- *Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables has been replaced.*

OWNERS MANUAL

GENERAL MAINTENANCE INFORMATION (CONTINUED)

Belt and Cable Tension:

**Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.*

**Check slack in cables and re-adjust cable tension if needed.*

Seat Sleeves, Turcite Bushings:

**Wipe down adjusting tubes with a dust free rag before applying lubricant.*

**Lubricate seat sleeves and turcite bushings with a Silicon or Teflon based lubricant spray.*

Linear Bearings:

**Referring to the Owners Manual carefully dis-assemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.*

PLEASE KEEP THIS FOR YOUR RECORDS

OWNERS MANUAL

HOIST FITNESS SYSTEMS LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

COMMERCIAL USE: All malfunctions of upholstery, grips, paint, and chrome that occur after 180 days; all malfunctions of electronic components, belts, or cables after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

HOME USE: All malfunctions of grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts, cables, or upholstery that occur after three years; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and five (5) year warranties described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

ALTERATION, NEGLIGENCE, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION FIRE, FLOOD, ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an **ACT OF GOD**.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

WARRANTY CLAIMS. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

Hoist Fitness Systems
9990 Empire St. #130
San Diego, Calif. 92126
(800)548-5438
Web Site - www.hoistfitness.com

PLEASE KEEP THIS FOR YOUR RECORDS